



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35174, Buffalo, free range, top round steak, raw (Shoshone Bannock)

Report Date: May 31, 2017 02:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	75.96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	408	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein	g	21.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	1.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash ¹	g	0.94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Minerals													
Calcium, Ca ¹	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	2.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Potassium, K ¹	mg	355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	3.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn ¹	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se ¹	µg	7.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin ¹	mg	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin ¹	mg	0.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin ¹	mg	6.920	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid ¹	mg	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 ¹	mg	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12 ¹	µg	1.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.418	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 ¹	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 ¹	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 ¹	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 ¹	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 ¹	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 ¹	g	0.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 ¹	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.425	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 ¹	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated ¹	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 c ¹	g	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 t ¹	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.098	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 n-6 c,c ¹	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 t,t ¹	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) ¹	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated ¹	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total trans-monoenoic	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Amino Acids													
Tryptophan ¹	g	0.225	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine ¹	g	0.849	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine ¹	g	0.928	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine ¹	g	1.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine ¹	g	1.494	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine ¹	g	0.597	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine ¹	g	0.229	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine ¹	g	0.825	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine ¹	g	0.721	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine ¹	g	0.959	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Arginine ¹	g	1.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine ¹	g	0.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine ¹	g	1.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid ¹	g	1.872	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid ¹	g	3.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine ¹	g	0.904	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline ¹	g	0.807	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine ¹	g	0.878	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Hydroxyproline ¹	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD